A 13 WEEK "WOGGING" PROGRAM

|  | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 JOG | $10 \times 1 \mathrm{~min}$. Jog w/2min. Walk between each | 10x1 min. Jog w/ 2 min . Walk between each | $6 x 1 \mathrm{~min}$. Jog w/2min. $\mathrm{W}+2 \times 2 \mathrm{~J} \mathrm{w} / 4 \mathrm{~W}$ | $6 \times 1 \mathrm{~min}$. Jog w/2min. $\mathrm{W}+2 \times 2 \mathrm{~J} \mathrm{w} / 4 \mathrm{~W}$ | $4 \times 1 \mathrm{~min}$. Jog w/2min. $2 \mathrm{~W}+3 \times 2 \mathrm{~J} \mathrm{w} / 4 \mathrm{~W}$ |
| 2 JOG | $\begin{gathered} 5 \times 3 \mathrm{~J} \\ \mathrm{w} / 3 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 5 \times 3 \mathrm{~J} \\ \mathrm{w} / 3 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 3 \times 3 \mathrm{~J} \mathrm{w} / 3 \mathrm{~W}+ \\ 3 \times 2 \mathrm{~J} \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 3 \times 3 \mathrm{~J} \mathrm{w} / 3 \mathrm{~W}+ \\ 3 \times 2 \mathrm{~J} \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 4 \times 3 \mathrm{~J} \mathrm{w} / 3 \mathrm{~W}+ \\ 1 \times 4 \mathrm{JW} / 4 \mathrm{~W} \end{gathered}$ |
| 3 MOD | $\begin{aligned} & 3 \times 5 \mathrm{~J} \\ & \mathrm{w} / 7 \mathrm{~W} \end{aligned}$ | $\begin{aligned} & 3 \times 5 \mathrm{~J} \\ & \mathrm{w} / 7 \mathrm{~W} \end{aligned}$ | $3 \times 4 \mathrm{~min} \bmod \mathrm{w} / 5 \mathrm{~W}+$ $1 \times 3 \bmod \mathrm{w} / 5 \mathrm{~W}$ | $3 \times 4 \mathrm{~min} \bmod \mathrm{w} / 5 \mathrm{~W}+$ $1 \times 3 \bmod \mathrm{w} / 5 \mathrm{~W}$ | $3 \times 3 \mathrm{M}$ w/5W + $1 \times 6 \mathrm{~J}$ w/5W |
| 4 MOD | $\begin{aligned} & 5 \times 4 M \\ & w / 3 W \end{aligned}$ | $\begin{aligned} & 5 \times 4 M \\ & w / 3 W \end{aligned}$ | $\begin{gathered} 2 \times 3 \mathrm{M} \mathrm{w} / 5 \mathrm{~W}+ \\ 1 \times 8 \mathrm{~J} \mathrm{w} / 5 \mathrm{~W} \end{gathered}$ | $2 \times 6 \mathrm{~J}$ w/5W + $1 \times \mathrm{FJ} \mathrm{w} / 5 \mathrm{~W}$ | $\begin{aligned} & 4 \times 5 \mathrm{M} \\ & \mathrm{w} / 4 \mathrm{~W} \end{aligned}$ |
| 5 MOD | $\begin{aligned} & 4 \times 5 \mathrm{M} \\ & \mathrm{w} / 5 \mathrm{~W} \end{aligned}$ | $\begin{gathered} 10 \times 2 \mathrm{M} \\ \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ | $\begin{aligned} & 5 \times 4 \mathrm{M} \\ & \mathrm{w} / 4 \mathrm{~W} \end{aligned}$ | $4 \times 5 \mathrm{M} \quad \mathrm{WW} \quad \mathrm{w}$ | $\begin{gathered} 10 \times 2 \mathrm{M} \\ \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ |
| 6 STRIDE | 12J 8 Recovery + 8J + 5Rec 5J w/2W | $13 \times 1$ Strides w/2W | $5 \times 5$ Strides w/3W | $\begin{gathered} 6 J+5 W+7 M+ \\ 12 J+5 W \end{gathered}$ | $\begin{gathered} 10 J+6 W \\ 20 \times 1 / 2 S T \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ |
| 7 STRIDE | $\begin{gathered} 14 \mathrm{~J}+10 \mathrm{~W}+ \\ 11 \mathrm{~J}+10 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 15 \times 1 S T \\ \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 22 \times 1 \mathrm{M} \\ \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 5 J+5 W+6 M+ \\ 7 W+14 J+8 W \end{gathered}$ | $\begin{gathered} 10 J+5 W+ \\ 20 \times 1 / 2 S T \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ |
| 8 STRIDE | $\begin{gathered} 16 \mathrm{~J}+10 \text { REC + } \\ 14 \mathrm{~J}+5 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 15 \times 1 S T \\ \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 15 \times 2 \mathrm{M} \\ \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 7 J+5 W+7 M+ \\ 5 W+14 J+5 W \end{gathered}$ | $\begin{gathered} 10 \mathrm{~J}+5 \mathrm{~W}+ \\ 7 \times 1 \mathrm{ST} \mathrm{w} / 3 \mathrm{~W} \end{gathered}$ |
| 9 FAST | $\begin{gathered} 18+10 W+ \\ 12+10 W \end{gathered}$ | $\begin{gathered} 5 \mathrm{~J}+5 \mathrm{~W}+ \\ 10 \times 1 S T \mathrm{w} / 3 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 25 \times 1 \mathrm{M} \\ \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 6 \mathrm{~J}+6 \mathrm{~W}+6 \mathrm{M}+ \\ 8 \mathrm{~W}+18 \mathrm{~J}+6 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 10 \mathrm{~J}+5 \mathrm{~W}+6 \times 20 \mathrm{sec} \\ \text { SP w/REC } 2 \mathrm{~min} \end{gathered}$ |
| 10 FAST | $\begin{gathered} 20 J+10 \text { REC }+ \\ 15 J+5 W \end{gathered}$ | $\begin{gathered} 5 \mathrm{~J}+5 \mathrm{~W}+ \\ 10 \times 1 \mathrm{ST} \mathrm{w} / 3 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 30 \times 1 \mathrm{M} \\ \mathrm{w} / 2 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 7 J+5 W+8 M+ \\ 5 W+20 J+5 W \end{gathered}$ | $\begin{gathered} 10 \mathrm{~J}+5 \mathrm{~W}+4 \times 200 \\ \text { meters FAST w/REC } \\ \text { between each } \end{gathered}$ |
| 11 HARD | $\begin{gathered} 22 \mathrm{~J}+10 \mathrm{~W}+ \\ 13 \mathrm{~J}+10 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 5 \mathrm{~J}+5 \mathrm{~W}+ \\ 12 \times 1 \mathrm{ST} \mathrm{w} / 3 \mathrm{~W} \end{gathered}$ | $\begin{aligned} & 35 \times 1 M \\ & w / 1 / 2 W \end{aligned}$ | $\begin{aligned} & 6 J+5 W+7 M+ \\ & 10 W+22 J+5 W \end{aligned}$ | $\begin{gathered} 10 \mathrm{~J}+5 \mathrm{~W}+8 \times 100 \text { meter } \\ \mathrm{SP} \\ \text { FAST w/8 min REC } \end{gathered}$ |
| 12 HARD | $\begin{gathered} 24 \mathrm{~J}+10 \text { REC }+ \\ 16 \mathrm{~J}+5 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 5 \mathrm{~J}+20 \times 1 \mathrm{ST} \\ \mathrm{w} / 11 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 18 \times 2 \mathrm{M} \\ 2 / 1 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 10 J+5 W+6 M+ \\ 5 W+24 J+5 W \end{gathered}$ | $\begin{aligned} & 10 \mathrm{~J}+5 \mathrm{~W}+6 \times 200 \\ & \text { meters } \text { FAST w/8min } \\ & \text { REC } \end{aligned}$ |
| 13 HARD | $\begin{gathered} 26 \mathrm{~J}+10 \mathrm{~W}+ \\ 14 \mathrm{~J}+10 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 20 \times 2 \mathrm{M} \\ \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ | $\begin{gathered} 20 \times 2 \mathrm{M} \\ \mathrm{w} / 1 \mathrm{~W} \end{gathered}$ | $\begin{aligned} & 7 J+5 W+7 M+ \\ & 10 W+26 J+5 W \end{aligned}$ | $\begin{gathered} 10 \mathrm{~J}+5 \mathrm{~W}+3 \times 300 \text { meters } \\ \text { FAST w/REC } \end{gathered}$ |
| LEGEND $2=2$ minutes $5 x=5$ times repeated $J=j o g \quad w /=$ with $W=$ walk $M=$ moderate REC $=$ recovery SP = sprint <br> EXAMPLE <br> 10REC = ten minute recovery <br> $6 \mathrm{~J}=$ six minutes of steady jogging |  |  |  |  |  |

